

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:00-11:00	CDR	Weekly housekeeping
08:00-08:45	FE-1	
08:45-09:10	FE-1	TV PAO: Greetings address to the 1 st congress of the rail road medical doctors of the Russian Federation (To=08:43, T1, T2, T3 initiated by СПП)
09:10-11:00	FE-1	Weekly housekeeping
11:00-11:20		ISS crew / Program management weekly conference (<i>S-band</i>)
11:20-11:30	FE-1	Starting Soyuz 215 gas analyzer to measure O2, CO2 levels
11:30-13:00		Physical Exercise (TVIS) day 3
13:00-14:00		DINNER
14:00-14:30		Weekly planning conference (<i>S-band</i>)
14:30-14:45	CDR	Private psychological conference (<i>S-band</i>)
15:35-15:50		Private family conference (<i>Ku+ S-band</i>)
15:55-16:25		SSRMS wrist joint reconfig
16:55-18:25		Physical Exercise (RED)
18:00-18:30	FE-1	Техническое обслуживание СОЖ
18:25-19:25	CDR	Physical Exercise CEVIS
18:30-19:30	FE-1	Physical Exercise (VELO + Force Loader/cycle 1) day 3
19:25-19:30	CDR	TVIS, RED, and HRM data transfer to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	ETD. Experiment ops

Note: See OSTP for references to US activities
End of radiogram